

Utah Breastfeeding Health

Developed for health professionals to support Breastfeeding

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Utah WIC Program,
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Treating Tongue-Tie: Assessing the Relationship Between Frenotomy and Breastfeeding Symptoms

<http://www.clinicallactation.org/content/treating-tongue-tie-assessing-relationship-between-frenotomy-and-breastfeeding-symptoms>

The Ankyloglossia (or "tongue-tie") may increase the risk for newborn breastfeeding symptoms. Lingual frenotomy is the standard treatment for ankyloglossia, but its efficacy at improving the quality of infant breastfeeding has received little formal study.

Mountain West Mothers' Milk Bank Website is Up!

<http://www.mwmothersmilkbank.org/>

Mountain West Mothers' Milk Bank (MWMMB), Utah's local Non-Profit, is proud to announce their website is up! Clinicians can find information regarding the ordering and use of donor milk in the hospital. MWMMB is looking to grow new donor collection sites and is offering a FREE freezer for those that do. See the website for more information & to contact us.

Model Policy: Payer Coverage of Breastfeeding Support and Counseling Services, Pumps and Supplies

<http://www.usbreastfeeding.org/LegislationPolicy/ExistingLegislation/ModelPolicyPayerCoverage/tabid/344/Default.aspx>

The Affordable Care Act (ACA) requires coverage of preventive health services for women, including "breastfeeding support, supplies, and counseling," further defined as "comprehensive lactation support and counseling, by a trained provider during pregnancy and/or in the postpartum period, and costs for renting breastfeeding equipment."

The Model Policy was drafted that identifies best practices for payers that appropriately meet the requirements of the ACA and ensure adequate delivery of support for breastfeeding. It identifies best practices for supporting coverage of services, pumps and supplies appropriately.



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Socioeconomic status, infant feeding practices and early childhood obesity

Based on a nationally representative, longitudinal study of early childhood, this study finds that healthy infant feeding practices, including predominant breastfeeding, mediates the negative association between social class and obesity at 24 months.

Pediatr Obes.2013 Apr 2.doi:10.1111/j.2047-6310.2013.00155.

Statement on Marketing of Human Milk Substitutes

<http://www.usbreastfeeding.org/LinkClick.aspx?link=Position-Statements%2fMarketing-Subs-Statement-2011-USBC.pdf&tabid=227&mid=587>

The USBC published a position statement regarding marketing human milk substitutes. They argue that marketing interferes with breastfeeding, as women exposed to advertisements or formula products will be less likely to exclusively breastfeed their infant.

Core Competencies in Breastfeeding Care and Services for All Health Professionals

<http://www.usbreastfeeding.org/Portals/0/Publications/Core-Competencies-2010-rev.pdf>

The United States Breastfeeding Committee released core competencies in 2010 to provide health professionals with a guideline and framework to integrate evidence-based breastfeeding knowledge, skills, and attitudes into their standard health care delivery practices.

Caring for Ourselves When Caring for Others: Lactation Consultants and Compassion Fatigue

<http://www.clinicallactation.org/content/caring-ourselves-when-caring-others-what-lactation-consultants-need-know-about-compassion>

Lactation consultants often experience compassion fatigue when they focus too much on others and don't spend enough time caring for themselves.

Breastfeeding Café

<http://breastfeedingcafe.wordpress.com/>

The Breastfeeding Café is an outreach project of the Utah Breastfeeding Coalition, occurring annually in August in downtown Salt Lake City.

Join Your Local Coalition

<http://www.utahbreastfeeding.org/>

The Utah Breastfeeding Coalition is a group of health professionals, public health organizations, educators, policy makers, employers and other community individuals and groups whose purpose is to collaboratively promote, protect and support breastfeeding in Utah.

La Leche League Free Meetings

<http://www.llusa.org/index.php>

The La Leche League Leaders are experienced breastfeeding mothers with additional training in breastfeeding management and helping skills.

Perinatal Professional consortium Annual Conference

<http://www.perinatalprofessionals.org>

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